



# Welsh Rowing Junior Training Day

## Sunday 10<sup>th</sup> November 2024

### The King's Chester School



#### TRAVEL & TIMINGS

Rowers and coaches are required to make their own travel arrangements to/from the venue.

#### Address:

The Kings' School Rowing Club  
Grosvenor Park Terrace,  
Chester  
CH1 1QG

Please see parking instructions under heading 'Parking & Access'

The arrival time for attending athletes is 8:30am. Please see below for further details with regards to the schedule for the day.

#### REGISTRATION & ENTRY

The cost of the training day will be £25 per athlete. Attending coaches are not required to pay. Payment details will be sent to athletes selected for the training day after the close of entries.

The registration form for the training day is here: <https://forms.office.com/e/5RAXbTgDbf>

The deadline to enter is **Midnight Monday 4<sup>th</sup> November**. Entries made after this date may not be accepted.

There will be a limit to the number of athletes who can attend the camp, and places will be issued on a performance basis, linked to the information provided on the entry form and previous data.

Athletes who have not already registered for the Welsh Identified Athlete list for the 2024-25 season should do so here: <https://forms.office.com/e/zNkH01bQkd>

All further information regarding future camps will only be sent to those athletes registered for 2024-25.

#### ACCOMMODATION & MEALS

As this is a one-day camp, accommodation will not be provided. Athletes will also need to bring their own lunch and snacks with them for the day.

#### EQUIPMENT & KIT

Athletes are expected to bring any equipment they may need for up to 3 sessions during the day, however this will likely be only 2 sessions. This could include any warmup or mobility equipment, stroke coaches and tools, as well as enough kit for any weather eventualities. Athletes should also bring land training equipment; in case the weather conditions don't allow rowing. We intend to run two/three water sessions.

If you would like to bring your own blades with you to the camp, please do, however if you could please let us know if this is the case.

Please can I advise that no wet kit should be worn in the boathouse area between sessions, athletes should bring enough kit for a complete change for each outing (excluding jackets/outerwear). It is advised warm dry clothing should be worn between sessions and not rowing kit. Athletes will be expected to be dry and change out of any wet kit after each session has finished, please. Toilet and changing facilities are available in the boathouse.

We do not have exclusive hire of the building, so please can I ask athletes are respectful of the other users on site.

## COACHES

There will not be a fee for coaches who are attending camp. Coaches attending should be aware there is a very limited number of launches available for the day and we may not be able to accommodate all on the water. **If you are going to attend for the duration of the day, could you please let me know in advance**, assistance is always very useful and welcome.

Coaches will be contacted directly to assist with additional boats & blades required for the camp. WR has a very limited number of boats, therefore for these camps to run and to increase the number of participants, any assistance clubs can provide with lending boats for the weekend would be greatly received. Clubs/coaches who know they can help with boats please contact Will King ([william.king@welshrowing.com](mailto:william.king@welshrowing.com)) to advise asap.

## PROPOSED SCHEDULE

### Proposed Training Schedule:

The proposed schedule is to have two longer water sessions during the day. The proposed timings are below (subject to change), please only use this as a guide.

### Sunday 10<sup>th</sup> November:

Arrive & Rig Boats:	08:30
Athlete land warm up:	09:00 – 9:15
Athlete briefing & boating session 1:	9:15
Athlete land warm up:	13:45 – 14:00
Athlete briefing & boating session 2:	14:00
Debrief & Feedback:	17:00 – 17:30
Depart:	17:30

Athletes should expect a variety of sessions across the day, this will include longer distance sessions, technical sessions and sessions of intensity/timed pieces. Athletes should come prepared for this and bring adequate food and kit for the days training. Please also make sure athletes have indoor training shoes for both erg sessions/run and weights sessions, in case the weather does not enable us to get on the water.

## PARKING

### Parking

**It is advised to park and drop athletes off at: ‘The Boathouse pay & Display car park’ next to the rowing club. This can be found on google maps under that name or can be found on “WhatThreeWords” as [///drift.dome.vouch](https://www.what3words.com/#!/en/drift.dome.vouch).**

Cars and minibuses can be parked in the designated parking places outside the boathouse. Please note the 4 hour restriction on parking outside the boathouse and the pay-and-display operating on the Boathouse pub car park. Both are strictly enforced. Alternatively, you can find street parking in the Handbridge area ([///wider.atomic.hungry](https://www.what3words.com/#!/en/wider.atomic.hungry)) which is a short walk from The King’s School Rowing Club.

No one should need to, but if you are bringing a trailer, they can only be parked at the boathouse during loading and unloading due to parking restrictions. At other times the trailers can be parked off-site at the main school site (approx. 15 minute drive). Dropping and collection of trailers at the school MUST be arranged in advance due to access restrictions and traffic during peak times.

### Access

The boathouse site can be accessed through the gates at the side of the boathouse from the Boathouse pub car park, or via the rear car park gates.

## ADDITIONAL INFORMATION

### **Cancellation:**

If we need to cancel the camp for any reason, we will give you as much notice as possible, if this looks at all likely I will contact you before deciding.

Please make sure you speak with your coaches before entering for the training day.

Please be reminded that there will be a limit to the number of athletes able to attend the camp, so please wait for your place to be confirmed before booking any accommodation or asking for the payment details, as these will only be sent to athletes who have their place confirmed after the close of entries.

Any further questions, please get in touch.

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**Welsh Rowing**

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